



The City of Dublin's Health care plan allows for an annual preventive care exam once every calendar year. The exam can be held anytime during the calendar year. If you have any questions, please contact the City of Dublin's Human Resources Department.

The City of Dublin's preventive care guidelines for purposes of this form are listed on the back of this sheet.



Dear Health Care Provider –

I want to keep myself as healthy as I can. I know that preventive care is a big part of staying healthy. As part of our benefit plan, we have annual requirements and/or goals we must meet. Being up-to-date with my preventive care is one of those goals.

Please discuss my preventive care plan with me and ensure that I am up-to-date on the preventive care screenings that are appropriate for my age and gender and are listed on the back of this sheet.

Health Care Provider Acknowledgement

I hereby acknowledge that the undersigned patient is up-to-date with recommended preventive care for his age/gender, and health risk as is listed on the back of this form.

Depending on the specific patient, this acknowledgement may not require an in-person office visit, simply an affirmation that the patient is up-to-date with the recommended preventive care. If the patient is not current, than an office visit and preventive services may be needed.

Primary Care Provider (Printed)

Primary Care Provider (Signature)

Date Signed

Phone

Address

Employees and spouses participating in Healthy by Choice will complete their own forms.

Employee Name (printed)

Employee Signature

Spouse/Domestic Partner Name

Spouse/Domestic Partner Signature

Please return this form to Human Resources by September 30th.

City of Dublin Preventive Testing Checklist 2016

Preventive Test	Who Should Be Tested
Body Mass Index (Height/Weight)	All Adults
Blood Pressure	All Adults
LDL Cholesterol	Men Age >35 unless an increased risk for Coronary Artery Disease Women Age >45 unless an increased risk for Coronary Artery Disease
Diabetes Screening	Recommended for asymptomatic adults with sustained blood pressure (either treated or untreated) greater than 135/80 mm Hg.
Complete Breast Cancer Screening	Females age 40+ every 2 years
Colorectal Cancer Screening – Fecal Occult annually or Flexible Sigmoidoscopy every 5 years or Colonoscopy every 10 years	All Adults Age 50+. High risk persons should be screened at younger ages and more frequently than persons at standard risk.
Cervical Cancer Screening (Pap Smear)	Pap Smear for Females ages 21 – 65 every 3 years or for women age 30 to 65 years a combination Pap Smear and HPV testing every 5 years.
Diabetics Only – Dilated Eye Exam	Every Year
Diabetics Only – 2 nd Hemoglobin A1c Test (HbA1c)	Two tests required per year
Diabetics Only – Creatinine test or Urine Protein Test	Every Year

Note: The preventive testing guidelines above are consistent with the U.S. Preventive Services Task Force and American Congress of Obstetricians and Gynecologists.

The City of Dublin's health care plan emphasizes the importance of preventive care and an annual preventive care exam. In order to determine the most appropriate screenings for our population, the City worked in collaboration with the UHC Medical Director to determine the most relevant preventive care guidelines that must be met based on age and gender. These annual tests are advised because they are consistently associated with the presence or absence of disease burden. Additionally early detection and treatment of cancer generally increases the successful treatment of the disease.